

Arkansas Toolkit  
for  
Family Volunteer Day

Saturday  
November 19, 2016

#ARFamilyVolunteerDay2016

**A R K A N S A S  
D E P A R T M E N T O F**



**HUMAN  
SERVICES**



## What is Family Volunteer Day?

Family Volunteer Day is a day of service that celebrates the power of families who work together to support their communities and neighborhoods. Volunteering is a great way for kids and adults to make new friends, develop compassion for their neighbors, and even pick up a new skill or two! It's an amazing day – don't miss out on this incredible opportunity!

This annual event is powered nationally by [Points of Light](#) and [generationOn](#).

*Research has shown there are many benefits to volunteering as a family, here are the top five from [generationOn](#):*

1. Kids and teens cultivate positive values, such as caring and empathy, and develop a commitment to service both now and in the future.
2. By participating in volunteer activities, kids and teens feel appreciated and respected, as well as learn new skills in the process.
3. Parents get to spend quality time with their children in a positive environment, while serving as role models, leading by example and passing on important values.
4. Families increase their sense of cohesion, well being, and connections to the broader community.
5. The combination of ages and generations within a family means they have everything needed to make meaningful change in the community: energy, creativity, passion, knowledge and experience, as well as different perspectives and skills.



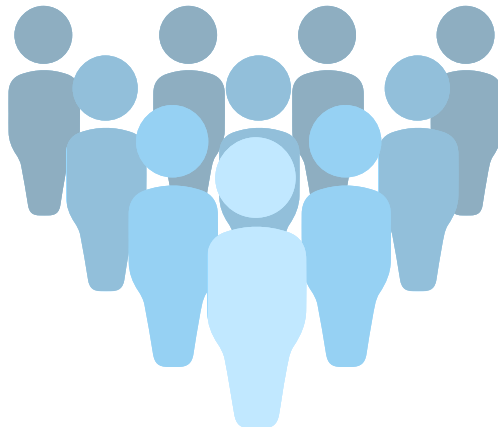
What are the benefits of family volunteering?

# How to Get Involved

**The service theme for November is Veterans and Military. This year families will have three ways to get involved and celebrate military service in Arkansas.**

1. Put your boots on the ground and get your hands dirty at the Central Arkansas Family Volunteer Day project.
2. Organize a drive at your school, church, or neighborhood to collect needed items for veterans.
3. Thank a veteran or service member with a handmade greeting card.

*The following pages contain details on each of these projects.*



## Project One:

# Central Arkansas Family Volunteer Project

When?

Saturday, November 19th from 9:00 am-Noon

Where?

Central Arkansas Veterans Healthcare System  
Eugene J. Towbin Healthcare Center  
2200 Fort Roots Drive  
North Little Rock

What?

Help beautify campus by painting benches,  
assisting in greenhouse and on the grounds

## How to Register

1. Go to [www.volunteer.va.gov/apps/volunteerNow](http://www.volunteer.va.gov/apps/volunteerNow).
2. Fill out the form to volunteer at the Eugene J. Towbin Healthcare Center.
3. In the comments section please state "I would like to Volunteer for Family Volunteer Day November 19th, 2016" and include the total number of volunteers attending with you and their ages.
4. See you on November 19th!

**Important: All youth MUST be accompanied by an adult for this day of service.**



## Project Two: Organize a Drive at Your School, Church, or Neighborhood



*The Arkansas Veterans Healthcare Administration includes two inpatient healthcare centers and eight community-based outpatient centers located throughout the state. Donations provide Veteran patients with many essential services and programs that otherwise would not be available to them, such as transportation services, social service assistance, rehabilitation equipment, recreation programs, activities, homeless Veterans services, and holiday gifts.*

### **Step One: Identify a Partner**

Talk to your school principal, leader at your church, or local community center to see if you can set up collection boxes for people to bring their items.

### **Step Two: Promote**

Draw or print a flier to let others know what you are collecting, why you are collecting, and when the due date is to bring in items. Share information about your drive with members of your community.

### **Step Three: Collect and Distribute**

At the end of your drive, pick up all the collected items and arrange to take them to your local Veterans Organization. Contact Veterans Affairs Voluntary Services 501-257-3288 to arrange a drop off with a Veterans organization in your area.

### **Step Four: Celebrate and Share!**

Celebrate your success by posting a picture with the hashtag  
#ARFamilyVolunteerDay2016 .

# Items to Collect For a Veterans Drive

## Items for Hygiene Kits

- Deodorant\*
- Toothbrushes/toothpaste\*
- Body soap/wash
- Shampoo
- Liquid laundry soap

## Items for Recreational Therapy Kits

- Craft items of all kinds\*
- Create and Color Posters (velvet/picture posters to color)
- Magazines within six months of issue date
- Large print puzzle or coloring books

## Winter Wear Kits

- Scarves and winter hats
- Coats and gloves
- Socks

*\* indicates a high need item*



## Project Three:

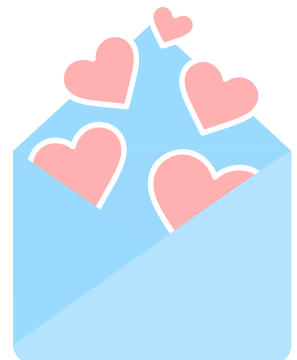
Thank a veteran or service member with a handmade greeting card.

*Thanking a veteran or military member for his or her service is a simple, easy way to let military members, veterans, and families know they are appreciated and remembered. Through this service project, you can support military members and their families and express heartfelt thanks, solidarity or good old-fashioned encouragement. Volunteers can host card-signing and card-making parties. This is a great, easy-to-execute project which can be done in groups, at your desk or at home with your family.*

### Materials:

- Pens, markers and pencils
- Paper, cards and envelopes
  - Scissors
- Patriotic stickers

When you have completed your cards, contact your local veterans organization to arrange a drop off date and time or contact Veterans Affairs Voluntary Services (VAVS) at 501-257-3288.



# Guidelines for Cards

Create your cards by writing encouraging notes of appreciation and thanks. Cards should be appropriate for general audiences. They should avoid overtly religious or political messages and should avoid unseemly or suggestive humor.

Begin your letter with a simple salutation such as Dear Service Member, Dear Military Spouse, Dear Veteran or even Dear American Hero.

Keep messages simple, sincere, uplifting and supportive. "Thank you for your service" and "Welcome home" are always great phrases to use. Avoid phrases that suggest sympathy such as "during this difficult time," as well as gifts or inserts (e.g., cash, phone cards, business cards, photos, prayer cards, pamphlets, etc.).

There are many different branches of the U.S. military (Army, Navy, Marine Corps, Air Force, Coast Guard and National Guard). Gear your letter to a general service member or military family unless you would like for it to go to a member of a specific service branch.

Avoid references to war or political statements about the implications of war.

Do not use loose glitter, confetti or anything that is not attached to the letter or card.

Do not date your letter(s).

Do not seal the envelope.



**Get Recognized  
for Your Service!**

**Help us measure the impact of this day of service by letting us know if you participated in any of the three service projects!**

Contact Ezell or Ashley to receive a certificate acknowledging your participation in Family Service Day.

Post a picture on social media of your Family Volunteer Day project using the hashtag #ARFamilyVolunteerDay2016.

If you have any questions, feel free to contact the Arkansas Department of Human Services, Division of Community Service and Nonprofit Support.

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